
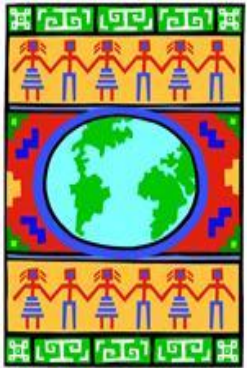


# June Activities - Urbana Senior Center

301-600-7020    UrbanaSeniorCenter@FrederickCountyMD.gov    www.FrederickCountyMD.gov/aging  
9020 Amelung St., Frederick, MD 21704    (1<sup>st</sup> floor of the Urbana Library)

\*You must pre-register and pay (if there is a fee) for all programs marked with an asterisk.  
Programs may be canceled if enrollment is low. **Activities are subject to change.**

<i><b>Mondays 9:00-3:00</b></i>	<i><b>Tuesdays 9:00-8:00</b></i>	<i><b>Wednesdays 9:00-3:00</b></i>	<i><b>Thursdays 9:00-3:00</b></i>	<i><b>Fridays - Closed</b></i>
<b>3</b> 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games <b>1:30 *Tai Chi</b>	<b>4</b> 11:00 Exercise to Video 1:00 Stitching Post 2:00 Hand and Foot <b>5:30 *Pizza Night</b> 6:30 Cards/Games	<b>5</b> <p style="text-align: center;"><b>Picnic</b>            Urbana District Park</p> <p style="text-align: center;"><b>Center is Closed</b></p>	<b>6</b> 11:00 Exercise to Video 1:00 Wii Bowling 1:00 Rummikub	
<b>10</b> 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games <b>1:30 *Tai Chi</b>	<b>11</b> 11:00 Exercise to Video 11:00 Spanish 1:00 Stitching Post <b>1:00 Blood Pressure</b> 2:00 Hand and Foot <b>5:30 *Hot Dog Indoor Picnic</b> 6:30 Cards/Games	<b>12</b> 9:30 Drawing/Painting Club 10:00 Mobile I&A 11:00 Exercise to Video <b>12:45 Healthy Sleep Habits</b> 1:30 Wii Bowling	<b>13</b> <p style="text-align: center;"><b>Center is Closed</b></p>	<p style="text-align: center;"><b>June day trips</b></p> <p><b>June 21</b>            Conowingo Dam Visitor Center and Union Hotel</p> <p><b>June 28</b>            Mt. Vernon (Baltimore) Walking Tour</p>
<b>17</b> 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games <b>1:30 *Tai Chi</b>	<b>18</b> 11:00 Exercise to Video 1:00 Stitching Post 2:00 Hand and Foot <b>5:30 *Pizza Night</b> 6:30 Cards/Games	<b>19</b> 9:30 Drawing/Painting Club 11:00 Exercise to Video <b>11:30 Blood Pressure</b> Noon <b>*Omelet Bar</b> <b>12:30 Ask Nurse Steve</b>	<b>20</b> 11:00 Exercise to Video 1:00 Wii Bowling 1:00 Rummikub	
<b>24</b> 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games <b>1:30 *Tai Chi</b>	<b>25</b> 11:00 Exercise to Video 11:00 Spanish 1:00 Stitching Post <b>1:00 Blood Pressure</b> 2:00 Hand and Foot <b>5:30 *Pizza Night</b> 6:30 Cards/Games	<b>26</b> 9:30 Drawing/Painting Club 11:00 Exercise to Video <b>1:00 Nutrition and Herbs for Brain Health</b>	<b>27</b> 11:00 Exercise to Video 1:00 Wii Bowling 1:00 Rummikub	

This month help us fill our bulletin board with “hello” in different languages. Come share your country’s greeting with us.  
You are also invited to bring something from your country (or from your travels) to help make our seasonal tree an international tree.